



## **Lifeway Foods Recognized by Forbes as one of the Best Small Companies in America**

**Morton Grove, IL — October 10, 2013**—Lifeway Foods, Inc., (“Lifeway” or the “Company”) (Nasdaq: LWAY), a leading supplier of cultured dairy products known as kefir and organic kefir, was recently recognized by Forbes Magazine in their annual "Best Small Companies in America" list, ranked #48 out of 100.

“We are extremely honored to be recognized by Forbes as one of the Best Small Companies in America,” said Julie Smolyansky, CEO of Lifeway Foods, Inc. “This prestigious recognition speaks to the hard work and dedication of our entire team. My father and Lifeway’s founder, Michael Smolyansky, was an immigrant who arrived in the U.S. with less than \$100 in his pocket. The ongoing success of the Company proves that the American Dream does exist. We have continued to increase distribution in new and existing markets, and launch new products that are both delicious and wholesome for our health conscious customers. We expect 2013 to be another record year of sales and profitability.”

The Forbes "Best Small Companies in America" list highlights the top 100 publicly traded companies with sales under \$1 billion, which the publication ranks based on return on earnings growth, sales growth and return on equity over the past year and the past five years. Forbes' methodology also factors in each company's stock performance versus their peer group during the past 12 months.

### **About Lifeway Foods**

Lifeway Foods, Inc. (LWAY), recently named one of Fortune Small Business' Fastest Growing Companies for the sixth consecutive year, is America’s leading supplier of the cultured dairy products known as kefir and organic kefir. Lifeway Kefir is a dairy beverage that contains 10 exclusive live and active probiotic cultures plus ProBoost™. In addition to its line of Kefir products, the company produces a variety of Frozen Kefir and probiotic cheese products. Lifeway also sells frozen kefir, kefir smoothies and kefir parfaits through its Starfruit™ retail stores. Find Lifeway Foods, Inc. on Facebook: [www.facebook.com/lifewaykefir](http://www.facebook.com/lifewaykefir) Follow Lifeway Foods on Twitter: [http://twitter.com/lifeway\\_kefir](http://twitter.com/lifeway_kefir) YouTube: <http://www.youtube.com/user/lifewaykefir>

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